

MEN'S PEER SUPPORT

ONLINE

Join us in a safe and confidential space where men can come together to share experiences, discuss challenges, and support one another.

- A judgment-free zone to express thoughts and feelings**
- Opportunities to share experiences and learn from one another**
- Regular meetings to foster community and connection**



**Every 2nd and 4th Tuesday of the month
at 8pm-9.30pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



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Inspiring Mental Wellbeing